

# whitecoat newsletter



## GRACE KENNETT FOUNDATION

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PRESIDENT	VICE PRESIDENT	SECRETARY	TREASURER	MEDICAL SUPERINTENDENT
Mr I. Anandakumar	Dr S. Bevinson Perinbaraj	Dr Janet Sankar	Mr Richard B.Rajan	Dr (Capt.) Augustus Samuel Dodd

Dear friends,

The current year is coming to a close. We have had our share of challenges. They have been both natural and man-made. We have swum with the current, against the current and at times, have managed to keep our nose just above the turbulent waters.

There have been happy arrivals and painful departures. All the same, we have made definite and tangible progress.

Our child protection, health care and educational services have strengthened the socio-economic fibre of the society. We have seen the amazing transformation of lives of children and families touched by adoption.

Our health care services have been innovative and is an ethical model which shows that the application of good clinical skills and knowledge can reduce the cost, by cutting out unwarranted expenditures.

It is about two hundred years since the first lady to join a medical school, to become a doctor, was put through the worst form of harassment and even today, the change for the better is not complete. Empowering women has been one of our main focuses through education and provision of jobs.

We have an array of facilities for promotion of physical and mental health.

This includes an indoor multi-purpose Arena for tennis, badminton, tennikoit, table tennis, chess and carrom - with unrestricted access for all staff. Soon we will be launching our school of music - Youpho ny.

At Grace Kennett Foundation, you work hard, play hard and enjoy the music.

Thank you for all your support.

-Dr Dodd

Wish you a Happy  
New Year

2019





## VOGUE



If you are looking and feeling great, probably you are wearing one of our designer clothes! Our designers blend fashion with passion and can create the best wear suited for your lifestyle.

Wedding gowns take a very special effort. It takes

about three weeks by a dedicated team of three, working almost their full work hours.

On the very special occasion of your wedding, you can confidently choose us to design a gorgeous looking gown.

We, at Vogue, take care of your every day needs too.

## FAQs on Swine Flu

### Who should get vaccinated?

- Health care workers (doctors, nurses, paramedics.)
- High risk pregnant women.
- Persons with chronic illnesses (Chronic Obstructive Pulmonary Disease, Bronchial Asthma, Heart disease, Liver disease, Kidney disease, Blood disorders, Diabetes, Cancer, immunocompromised individuals.)
- Children having chronic diseases (Asthma, Neuro degenerative conditions, Mentally challenged, Heart disease, hematological disorder, Diabetes, Immunocompromised children, Malignancy receiving immune-suppressive therapy, Kidney disorder and Liver disorder.)
- Vaccine is desirable for Elderly individuals (65 years of age), Children between 6 months to 8 years of age.



### What type of influenza vaccine is ideal?

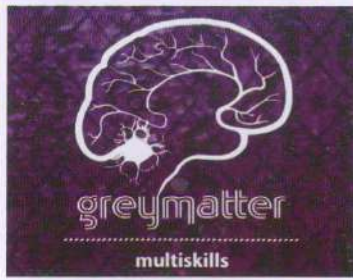
Quadrivalent Vaccine ( Which contains recent strain )

### How frequently should we get vaccinated?

Yearly, at least one month prior to the commencement of the season.

**- Dr S R Sankarasubramanian M.D.,**





### GREY MATTER Initiatives:

Everyone wants to remain sane. The grind of academics does no good for the children and their parents. Phymsofit offers a holistic approach to physical and mental health for all age groups. Please contact us for the weekend indoor 'Tennis

fundamentals' programme for children from 4 to 12 years of age.

Youphony is another initiative to bring out your music skills. We offer Drums, Guitar and Keyboard classes. Join the fun and stay fit physically and mentally.

### MAGIC SHOW





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